

Lappe March Break Camp 2019
Monday and Tuesday - March 11 and 12
8:30 am to 4:00 pm



We are excited to offer our Lappe March Break Camp. The camp is suitable for elementary school-aged children 7 to 13 who would be in Jackrabbit Level 2, 3, 4, Track Attack or Adventurers.

REGISTRATION:

Register at: www.zone4.ca

by Thursday, March 5 at 9:00 pm

For more information: Rena Viehbeck at lappenordic@gmail.com . (807) 344-1973

OVERVIEW:

- Focus: Skiing fun for Jackrabbit and Track Attack
- Technique
- Ages: 7 to 13 years old (as of December 31, 2018)
- For some activities groups will be mixed (i.e. age and skill). For other activities groups will be formed by skill / skiing speed.

INVITATION LIST:

Lappe Jackrabbits and Track Attack

Invite a Friend (Lappe members)

Lake Superior Biathlon Bears program participants

St. Bernard Ski School program participants

Kamview Jackrabbits

COST:

Lappe Nordic Ski Club Members:

Two Days - \$50 One Day - \$30

Non-Members of the Lappe Nordic Ski Club:

Two Days - \$70 One Day - \$40

Equipment rental: \$15/ day

Costs DO NOT include Lappe Ski Center Trail Pass fees (day passes are an option at \$5/day)

LUNCH AND SNACKS:

Participants to provide own lunch and snacks (nut free), as well as bring water bottles.

COACHES:

Rena Viehbeck

1-3 other CCC certified coaches and some Junior Leaders to be determined.

Stephanie and Cedric- both afternoons

ACTIVITIES:

Lappe Hills Ski Tour

Ski Games – soccer, handball, British bulldog, tag, Bocci

Trail Games – Home Base, Scavenger Hunt

Obstacle courses

Relay Games

Biathlon Game

Sprints

Ski Orienteering

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SCHEDULE:

Monday and Tuesday

8:30 to 9:30	Pre-camp free-play, sign in, equipment sorting, and prep
9:30 to 11:30	Session 1
11:30 to 1:00	Lunch break and free time
1:00 to 3:00	Session 2
3:00 to 4:00	Post camp free-play and pack up

OBJECTIVES:

A. Skiing time and technique:

- 1) Skiers active and having fun on skis and off.
- 2) Skiers getting lots of skiing on various terrain and created courses.
- 3) Use terrain, constructed courses and games to provide opportunities to teach agility, speed, balance and coordination on skis.
- 4) Provide instruction and practice time / activities on down-hills and up-hills. (Skills: step turn, tuck, tuck skate)

B. Use of Mental Skills:

Coaches model and encourage skiers to use mental imagery and cues during practice on down-hills, obstacle courses and other games. Use visual imagery and visual, verbal, feel and sound cues

C. Club / Team Building and relationships and Leadership Opportunities:

- 1) Within the groups have skiers partner or form small groups for activities (e.g. partner to ski the scavenger hunt with).
- 2) Provide participants with opportunities to lead or contribute to activities.
- 3) Involve older skiers as coaches, assistants and guest instructors.
- 4) Provide participants with opportunities to lead or contribute to activities.

WHAT TO BRING (each day):

- classic and (if have it) skate equipment: boots, poles, skis
- sunglasses
- 2 toques
- 3 pairs of mitts (and a pair of liner mitts or gloves)
- 2 neck warmers or buffs
- 2 full ski outfits (under, mid and outer layers)
- 3 pairs of socks
- Warm winter jacket
- Big lunch and snacks
- water bottle
- board game/ book/ toy for breaks
- sled/ toboggan